

House Study Bill 690

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1 1 HOUSE RESOLUTION NO. ____
1 2 BY (PROPOSED COMMITTEE ON HUMAN RESOURCES RESOLUTION
1 3 BY CHAIRPERSON UPMEYER)
1 4 A Resolution recognizing the month of May 2006 as Iowa
1 5 Heart Health Month.
1 6 WHEREAS, cholesterol is an important part of a
1 7 healthy body because it is used to form cell membranes
1 8 and some hormones, and is needed for other functions;
1 9 and
1 10 WHEREAS, a high level of cholesterol in the blood
1 11 is a major risk factor for coronary heart disease,
1 12 which can lead to a heart attack; and
1 13 WHEREAS, an expert panel on detection, evaluation
1 14 and treatment of high blood cholesterol in adults
1 15 recommends that everyone 20 years of age and older
1 16 have a fasting "lipoprotein profile" every five years;
1 17 and
1 18 WHEREAS, this test gives information about total
1 19 cholesterol, low-density lipoprotein (LDL) or "bad"
1 20 cholesterol, high-density lipoprotein (HDL) or "good"
1 21 cholesterol, and triglycerides (blood fats); and
1 22 WHEREAS, there are no symptoms of high cholesterol
1 23 and it can only be detected through a cholesterol
1 24 test; and
1 25 WHEREAS, treatment goals have been recommended by
1 26 the National Cholesterol Education Program (NCEP); and
1 27 WHEREAS, there are three main ways to fight high
1 28 cholesterol or "get to goal": diet, exercise, and,
1 29 when appropriate, medication; and
1 30 WHEREAS, the only way to manage cholesterol is to
2 1 know the goals and track progress; NOW THEREFORE,
2 2 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES,
2 3 That the House of Representatives hereby recognizes
2 4 May 2006 as Iowa Heart Health Month and encourages its
2 5 citizens to have their cholesterol tested and to "get
2 6 to goal".
2 7 LSB 6471HC 81
2 8 jr:nh/je/5